NOVA SCOTIA

Sport and Recreation Commission

Annual Accountability Report for the Fiscal Year 2002-2003

September 12, 2003

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ACCOUNTABILITY STATEMENT

The accountability report of the Nova Scotia Sport and Recreation Commission for the fiscal year ending March 31, 2003 was prepared pursuant to the Provincial Financial Act, government policies and guidelines. These authorities require the reporting of outcomes against the commission's business plan information for the fiscal year 2002-03. The reporting of commission outcomes includes estimates, judgements and opinions by commission management.

We acknowledge that this accountability report is the responsibility of commission management (now the Office of Health Promotion). The report is, to the extent possible, a complete and accurate representation of outcomes relative to the goals and priorities set out in the commission's business plan for the year.

Rodney M^{ac}Donald
Minister

MESSAGE FROM THE MINISTER

In 2002-03, the Nova Scotia Sport and Recreation Commission continued its primary function of supporting sport and recreation organization at the community, municipal and provincial levels.

Sport and recreation has major impacts and benefits on healthy lifestyles. Being active on a regular basis contributes to good health and quality of life. The work of the Sport and Recreation Commission helps Nova Scotians achieve those goals.

We depend on our volunteers – they are key to the delivery of sport and recreation in Nova Scotia. The Office of Health Promotion acknowledges the tremendous contribution they give of their time, expertise and effort to sport, recreation and health. We will continue supporting volunteers by offering opportunities for leadership development and by formally recognizing them at the annual Provincial Volunteers Awards Ceremony.

Sport and recreation opportunities are often dependent on facilities that are safe and accessible. The commission's Recreation Facility Development Grants distributed almost $2 million in 2002-03. The RFD grant program continues to help communities across the province develop recreation facilities, which contribute to the health and well-being of Nova Scotians. It is set up to encourage well-planned, properly scaled, sustainable facilities in all areas of the province.

The *Active Kids, Healthy Kids* physical activity strategy has progressed during its first year. The 11 *Active School Community* pilot sites have implemented plans to get their students more active. The province's six regions are working on plans specific to their needs. The *Active Transportation* tour began to travel across the province, working with community leaders to increase awareness of and opportunities for active modes of transportation.

I am proud of Team Nova Scotia, which won eight medals and whose members achieved many personal bests at the 2003 Canada Winter Games held in Bathurst-Campbellton, New Brunswick. For the second games in a row, Team Nova Scotia won the Claude Hardy Award for best mission staff. The award has only been awarded twice to date, both times to Nova Scotian athletes. Team Nova Scotia has the only fully volunteer mission staff in the country, and its athletes are supported by volunteer coaches and team managers.

The Trans Canada Trail continues to be developed as a world class, multi-use facility with the support of several government departments, municipal governments and community trail groups. In 2002-03, over 200 kilometres of trail was under construction by municipalities and community trail groups.

In December 2002, the Office of Health Promotion was created to give a greater focus to preventative health, and the Sport and Recreation Commission became a division of this new office.

The Sport and Recreation Division will continue to develop and support quality sport and recreation opportunities and will maintain its close ties to communities while being part of a bigger mandate: to improve the health of all Nova Scotians.

Honourable Rodney MacDonald
Minister of the Office of Health Promotion

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INTRODUCTION

The mission of the Nova Scotia Sport and Recreation Commission is to enhance the quality of life of Nova Scotians through sport and recreation programs and services in nine key result areas, including:

- Level of participation in physical activity
- Condition, availability and sustainability of facilities
- Equitable access to sport and recreation opportunities
- Participation and performance in sport
- Quality leadership
- Public attitudes and awareness of benefits of participation in sport and recreation
- Public safety
- Quality support and assistance to sport and recreation organizations
- Advocacy for sport and recreation

To achieve results in those areas in 2002-03, the commission offered a broad range of programs and services organized into four core business areas:

- Participation
- Facilities
- Leadership
- Community Capacity

While the commission may have taken a lead role in some initiatives such as promoting physical activity for children and youth (*Active Kids, Health Kids* strategy) the primary role of the commission was to provide support to the many provincial, municipal and community organizations that provide sport and recreation opportunities throughout the province. That support may have been in the form of financial assistance, consultation, coordination or advocacy. The commission comprised a small group of program staff in its Halifax office as well as regional staff in six locations throughout the province.

In December 2002, the government announced the creation of the Office of Health Promotion, and the commission became a division of that new agency in February 2003. While physical activity is a primary focus, the Sport and Recreation Division recognizes the importance of sport and recreation and will continue to support the provision of sport and recreation organizations throughout the province.

COMMISSION PROGRESS AND ACCOMPLISHMENTS

Core Business Area - PARTICIPATION

In keeping with the commission's goal to increase participation through structured and unstructured opportunities, the emphasis again this year has been to increase physical activity levels of children and youth. Three components of the *Active Kids, Healthy Kids* strategy were implemented: regional strategies are underway in all six regions for the *Active Communities* component, 11 *Active School Community* pilot sites exist throughout the province, and an *Active Environments* strategy was finalized for implementation in 2003-04.

Priorities 2002-03

Work with schools, community and provincial organizations on Fair and Safe Play -

- Establish fair play outcomes with approximately 50 provincial sport organizations as part of annual outcomes meetings and requirements.
- Presentation at a Human Rights conference and partnership with the Canadian Centre for Ethics in Sport in the development of a new fair play resource tool.

Manage Canada Games program in conjunction with 44 sport organizations -

- 2003 Canada Winter Games Bathurst-Campbellton, New Brunswick - February 2 to March 8, 2003. Team Nova Scotia finished in eighth place with eight medals. Athletes achieved many personal bests and greatly improved the ranking of several sports. While the team's medal count was down from the 1999 games, its Canada Games flag points improved in the sports in which it competed. The system of flag points was developed by the Canada Games Council to level the playing field for all provinces and territories in determining their ranking at the end of the games. Team Nova Scotia competed in 18 of the 21 sports represented during the two weeks of the games, and the team included 284 athletes, coaches and athletes.

Assist 20 local and provincial groups with implementation and evaluation of funded pilot projects on physical activity for children and youth -

- Regional offices continued to provide support to the 20 physical activity pilot projects implemented during the previous fiscal year. Some of those projects have become incorporated into the *Active Communities* initiative within the *Active Kids/Healthy Kids* strategy.

Develop active transportation initiatives to encourage more people to integrate walking, cycling and roller blading into their daily lives -

- The Ecology Action Centre will become a partner on the strategy to conduct two major initiatives, the *Pathways for People* tour and *Active and Safe Routes to School*. The tour is scheduled to take place in 2003-04 and will travel to 25 communities to promote active transportation, i.e., walking, and cycling to schools, municipal planners and engineers and to youth.
- An *Active Transportation* conference is also being planned.

Implement the pending physical activity strategy for children and youth, which has six goals: public education, opportunities for all, opportunities for girls, leadership, policy development and research -

- The premier launched this three-year, interdepartmental strategy in October 2002. The strategy was coordinated by the Sport and Recreation Commission with the Department of Education and the Department of Health.
- Six regional action plans have been developed and funded. These plans are being implemented by staff from municipal recreation, district health boards and school boards.
- The Nova Scotia Fitness and Lifestyle Leaders Association has been funded to research and develop a youth fitness module that will be taught by grades 11 and 12 students.
- Eleven *Active School Community* pilot projects were launched, one in each school board and in three native reserve sites. These projects explore ways that school officials, parents and students can work with municipal recreation departments and district health authorities to encourage young people to be more active. In-school and after-school programs, family and community activities, and ways to

increase time for physical education within the school day are some of the issues being explored.

- An initiative to assess and enhance physical activity counseling by health care and health promotion staff has begun under the sponsorship of the Alliance for Health Eating and Physical Activity, Cancer Care Nova Scotia and the Heart and Stroke Foundation. Researchers from Dalhousie and St. FX are conducting phase one of the project.
- Recreation Nova Scotia will be a partner on the strategy to promote Health Canada's new guide, "Canada's Physical Activity Guide for Chidren."

Communicate to key stakeholders and apply the results of the population research study into the physical activity levels of children and youth -

- The results of the 2001 accelerometer research study on physical activity levels of grades 3, 7 and 11 were released to the public and media in September 2001. Further presentations are ongoing.

Core Business Area - FACILITIES

In keeping with the commission's goal to increase availability and sustainability of physical infrastructure for sport and recreation, support was provided for capital projects, structural safety assessments, life cycle audits and planning. In addition to financial assistance, staff regularly provide advice and consultative assistance on facility projects and facility management issues.

Priorities 2002-03

Provide leadership on a provincial community use of schools policy -

- In winter 2002, staff worked on developing a joint community use of schools policy with Department of Education and school boards. The policy is awaiting ratification by the school boards.

Administration of capital grant program -

- One hundred and forty-four capital grants, valued at $10,834,000, were awarded in the 2002/03 fiscal year to assist with projects.

Deliver arena structural safety assessment program -

- Preliminary structural safety assessments were completed on five arenas.

Use GIS technology to develop an inventory of sport and recreation facilities in Nova Scotia -

- A preliminary facility inventory database was completed, available at www.targetnovascotia.com/

Identify facility implications of potential major event hosting opportunities in Nova Scotia -

- Staff worked with the 2010 Commonwealth Games Society to explore facility issues related to hosting that event.

Work towards an improved policy for major facility funding -

- Prepared a proposed policy on funding for major sport and recreation facilities.

Do an audit of newly acquired abandoned rail lines -

- An audit of newly acquired abandoned rail lines is approximately 50% complete.

Assist community trail groups with the development and management of trails -

- The Trans Canada Trail continues to be developed as a world-class, multi-use facility with the support of several government departments, municipal governments and community trail groups. In 2002-03, over 200 kilometres of trail were placed under construction by municipalities and community trail groups.
- Facilitated the organization of four trail groups along the DAR rail line.

Core Business Area - LEADERSHIP

Leadership is a key element in successful and sustainable sport and recreation initiatives. Whether it is direct contact such as coaching or behind the scenes work as a volunteer member of a local recreation association or provincial board, good leadership is vitally important. In 2002-03, the commission supported leadership development through a variety of programs and initiatives.

Priorities 2002-03

Implement new Competency Based Education and Training (CBET) program for coaches -

- The new Competency Based Education and Training program for coaches was implemented as planned.
- Training of multi sport course conductors (theory) in Introduction to Competition: Part A (CBET) courses was completed in September 2003.
- All current Level 1 Theory courses offered to coaches are now based on the new CBET program.
- Nova Scotia will be ahead of schedule for the transition into the National Coaching Certification program (NCCP), which will take place nationally in April 2004.

Implement a quality control program for sport and recreation service delivery -

- Supported six pilot projects to test the effectiveness of the High Five program as a means of promoting quality leadership in recreation and sport programs.

Host training sessions for staff and volunteers of provincial sport organizations -

- Hosted full-day session on an organizational effectiveness resource for not-for-profit groups, which was attended by both provincial organization staff and volunteers

Promote and develop outdoor leadership training opportunities, particularly for women and youth -

- Initiated the Women's Outdoor Leadership School and Mentoring in the Outdoors module.
- A workshop for adult leaders on youth inclusion in decision making was led by the provincial youth development agency Heartwood in October 2002 with follow-up assistance provide around the province.

Fund and assist Sport Nova Scotia with the pilot project for Sport Future Leaders -

- Participated on selection committee for second phase of Sport Futures. Secured funding for a three-year period through a federal-provincial bilateral agreement.

Provide technical training and resources on trail construction and risk management in cooperation with provincial trail groups -

- Facilitated four workshops to provide technical training and resources for trail construction and risk management in cooperation with provincial trail groups.

Assess and recommend any changes to the Volunteer Protection Act, which was tabled in the Legislature in November 2001 -

- Provided input to Department of Justice officials on the Volunteer Protection Act.

Core Business Area - COMMUNITY CAPACITY

Recognizing the important role of provincial and local volunteer groups as well as municipalities, commission staff offer regular and ongoing support to organizations that provide sport and recreation opportunities. Our staff develop and maintain supportive relationships with organizations in their roles as catalysts, facilitators, coordinators, trainers, advisors and consultants. This community development approach has proven to be effective in acknowledging and developing local capacity and is cost-effective in reducing dependancy on government resources.

Priorities 2002-03

Assist provincial sports organizations with outcome planning, knowledge of Sport and Recreation Commission

programs, policies and mechanisms to deal with abuse and harassment issues -

- Met with approximately 50 provincial sport organizations to review and establish yearly outcomes as per block funding program.
- Ongoing meetings and consultation regarding commission program and services.
- Facilitated initial planning sessions with various provincial sport organizations.

Assist municipal recreation departments and community groups with effective management and delivery of public recreation services, linking with the Sport and Recreation Commission and other government programs and services -

- Regional Services provided consultative support to 209 municipal and community organizations/projects throughout the province.

Ensure the province's interests are represented in the development of a national sport policy and coordinate public input into proposed national policy action plan -

- Held focus group meetings and coordinated provincial input into national sport summit and the development of a Canadian sport policy.

Work with communities to build capacity to host major regional, national and international sporting events -

- Provided assistance to 14 organizations for hosting national championships and annual general meetings. Provided feedback and input into the federal-provincial/territorial process to develop a strategy for hosting major games and an events strategy.

FINANCIAL RESULTS

Sport & Recreation Commission Budget to Actual Comparison by Core Business				FTEs		
Core Business	**Budget 2002-2003**	**Actual 2002-2003**	**Difference 2002-2003**	**Budget 2002-2003**	**Actual 2002-2003**	**Difference 2002-2003**
	$ Thousands	**$ Thousands**	**$ Thousands**			
Administration and Support *SRC Management, Policy & Programs*	440	481.7	-41.7	220.5	234.5	-14.0
Regional Services *Cape Breton, Central, Fundy, Highland, South Shore, Valley*	688	609.5	78.4	531.8	468.8	63.0
Sport *Provincial Organization Funding, Hosting, Elite Athletes, Coaching, Canada Games, Physical Activity Strategy, Sport Leadership, Research and Boxing Authority, Provincial Admin Centre, Recoveries from Lottery Commission*	2175	1664.8	510.2	460.9	419.0	41.9
Recreation *Community Development, Funding Provincial Organizations, Outdoor Recreation, Active Living*	945	1322.7	-377.7	64.2	169.2	-105.0
Recreation Facility Development	1595	1799.3	-204.3	0	0	0
Total Expenditures	**6317**	**6316.3**	**-0.66**	**1,277.4**	**1291.5**	**-14.1**

PERFORMANCE MEASURES

Core Business Area - PARTICIPATION

This core business area represents a number of programs/initiatives and services intended to contribute to the goal of increasing physical activity levels, particularly among children and youth. It is recognized that most opportunities for participation in sport and recreation are created by community, municipal and provincial organizations. Therefore, commission programs and services are geared to provide support to those organizations, and performance measures were selected accordingly (Canada Games and *Active Kids, Healthy Kids* strategy are exceptions as they are both provincial government responsibilities).

Measure: Number of community organizations that offer opportunities through Sport and Recreation Commission funding and resources

This measure indicates the number of organizations that receive Sport and Recreation Commission support for the provision of participation opportunities. (Volunteer organizations continue to express concerns regarding challenges and the need for support.)

A difficulty with this measure is the ability to accurately track and record data, particularly as it pertains to the number of organizations supported indirectly by the commission. We estimate that commission programs and services involve approximately 400 organizations directly and 1,200 organizations indirectly each year. However, we are reluctant to report these figures until more effective tracking mechanisms are in place.

Measure: Number of strategy components implemented (2003-04)

The *Active Kids, Healthy Kids* strategy was announced in 2002-03, and various components of the strategy were to be ready for implementation in 2003-04. Three *Active School Community* pilot projects were reported to be implemented ahead of schedule in 2002-03.

Measure: Size of Team Nova Scotia

Every two years, a contingent of Nova Scotian athletes are sent to the Canada Games (alternating summer and winter). Preparing a full-team complement for this multi-sport event is a major undertaking involving many individual sports. The ability of a sport to prepare to send a team to these games is one indication of the health of that sport and therefore its ability to provide opportunities to participate in an activity at all levels of competition (outcome).

Nova Scotia participated in 18 out of 21 sports and improved its performance using the rating system known as "flag points."

Measure: Number of athletes supported (through Elite Athletes Assistance program)

Like the previous measure, the number of elite Nova Scotian athletes supported is one indicator of the opportunities to participate at all levels (outcome). While baseline data was unavailable for 2001-02, 22 athletes received assistance in 2002-03.

Measure: Number of new initiatives

As stated previously, most sport and recreation opportunities are created by community, municipal and provincial organizations. The Community Development Grant program provides funding as an incentive for organizations that undertake initiatives to provide or support opportunities to participate in sport and recreation. In 2002-03, the commission provided support for 87 new initiatives throughout the province.

Core Business Area - FACILITIES

This core business area includes a number of programs, services and initiatives designed to support the availability, sustainability and safety of public recreation areas and facilities in Nova Scotia. Those programs and services are in the form of financial assistance for capital construction, renovation and planning; advice and consultative assistance; and initiatives to insure public safety.

Measure: Percentage of arenas with structural safety assessments

This measure will track the number of arenas in the province that have participated in the Structural Safety Assessment program.

To date, 13 out of 70 arenas in Nova Scotia have participated in the structural safety assessment process. Participation in the program is voluntary; however, it is hoped that all arenas constructed prior to current building code regulations will submit to this process. Four additional arenas have been targeted for 2003-04.

Measure: Number of trails in the commission's public database

New trail development as well as improvements to existing trails continue to grow throughout the province. As they do, they are recorded in a computerized database that is accessible to the public.

To date, 266 trails are listed in the public database - an increase from 245 the previous year. The long-term plan calls for a network of trails stretching from the New Brunswick border to Cape Breton and around the southwestern end of the province.

Measure: Number of projects supported by the Sport and Recreation Commission

Each year, the commission responds to requests for financial assistance for capital construction and renovations to facilities. In 2002-03, the commission supported 142 projects. Due to the responsive nature of the Facility Development Grant program and the variable size of projects, it is impractical to set targets in this area.

Measure: Value (dollars) of construction

In 2002-03, the value of projects supported through the Recreation Facility Development Grant program was estimated at approximately $10,854,000. The maximum amount a project is eligible to receive is one-third of the capital cost of the project. Not all funded projects receive the full one-third amount, and there are no set targets for project value. However, there is indication that the value of capital construction will continue to increase in the foreseeable future due to aging infrastructure, increased demand and escalating costs.

Measure: Number of life cycle plans supported by the Sport and Recreation Commission

The Nova Scotia Sport and Recreation Commission has assisted operators of major facilities to undertake an audit of the component parts of infrastructure. Age, condition and normal life cycles for each component are considered to provide a prediction of the capital requirements for the building over a period of time. Staff then work with facility operators to develop a strategy to respond to capital requirements. This is referred to as a "life cycle plan." To date, 38 major facilities have a Lifecycle Plan.

Measure: Percentage of school boards with community use of schools policies that comply with provincial policy

The provincial policy was not completed during the 2002-03 year.

Measure: Number schools with joint use agreements

In recent years, there has been an opportunity to expand or enhance the design of a school to accommodate community needs during new school construction. Policies and procedures for managing the school in lieu of the community component are set out in a joint use agreement. In 2002-03 eight schools had joint use agreements in place, and seven more agreements were pending. It should be noted there are also many other, less formal forms of partnership agreements between communities and schools in place throughout the province.

Core Business Area - LEADERSHIP

Leadership is a key element in successful and sustainable sport and recreation initiatives. Whether it is in the form of direct contact such as coaching or behind the scenes work as a volunteer member of a local recreation association or provincial board, good leadership is vitally important.

Measure: Number of new certified coaches

Provincial governments throughout the country are responsible for delivery of the theory portion of the National Coaching Certification Program. In 2002-03, 501 new coaches were certified in Nova Scotia. The target for 2003-04 is 548 new coaches (10% increase per year).

Measure: Number of new certified fitness leaders

The Sport and Recreation Commission provides support to the Nova Scotia Fitness and Lifestyles Leaders Association to assist with training fitness leaders. In 2002-03, the NSFLLA trained 77 new fitness leaders.

Measure: The number of outdoor leaders who complete training modules

The Sport and Recreation Commission supports outdoor leadership training through the Nova Scotia Outdoor Leadership Development Program. In 2002-03, 143 participants completed training modules (100 in 2001-02). The long-term target is to train 200 participants by 2004-05.

Core Business Area - COMMUNITY CAPACITY

Recognizing the important role of provincial and local volunteer groups as well as municipalities, commission staff offer regular and ongoing support to organizations that provide sport and recreation opportunities. Our staff develop and maintain supportive relationships with organizations in their roles as catalysts, facilitators, coordinators, trainers, advisors and consultants. This community development approach has proven to be effective in acknowledging and developing local capacity and is cost-effective in reducing dependancy on government resources.

Measure: Number of consultations provided

Staff meet regularly with approximately 400 organizations on an ongoing basis each year. Additional clarification is required on this measure for future years.

Measure: Number of new organizations/partnerships coalitions (2003/04)

A key role of the Sport and Recreation Commission involves relationships with organizations, as well as supporting the creation of new organizations in sport and recreation. In 2002-03, over 40 new organizations/partnerships/coalitions were formed.

Measure: Number of partnerships

The development of partnerships is an effective way to maximize resources. The Sport and Recreation Commission has a long history of working with community, municipal and provincial organizations. In 2002-03, the commission participated in at least 58 different partnerships on an ongoing basis.